

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin ¹	mg	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Riboflavin ¹	mg	0.181	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Niacin ¹	mg	1.940	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Pantothenic acid ¹	mg	0.381	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Vitamin B-6 ¹	mg	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Folate, total ¹	µg	11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Folate, DFE	µg	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
Choline, total ¹	mg	53.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Betaine ¹	mg	3.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Methionine	g	0.304	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Cystine	g	0.122	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Phenylalanine	g	0.610	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Tyrosine	g	0.483	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Valine	g	0.651	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Arginine	g	0.883	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Histidine	g	0.367	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Alanine	g	0.704	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Aspartic acid	g	1.272	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Glutamic acid	g	2.196	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glycine	g	0.682	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Proline	g	0.651	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Serine	g	0.505	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8a, 2003 Beltsville MD